

## Wright County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- #1. Obesity rates are high in Wright County. According to the 2009 BRFSS report, Iowa shows a prevalence of overweight/obese equal to or greater than 63%. Wright County is at 71% per IDPH Data Warehouse information. This rate has steadily increased since 2006.
- #2. Physical activity in Wright County. 74.8% of those surveyed for the CHNA Wright County 2010 survey responded that the healthy behavior they would like to improve or start ways to get more physical activity. The HRSA Community Health Status Report reported several risks for premature death with obesity and sedentary lifestyle as two of these- in 2000, Iowa reported 80.2% of people surveyed admit to sedentary lifestyle and in 2009, reported no exercise for 29% of Wright County citizens. This problem goes hand in hand with our problem of our overweight/obese population in the county.
- #3. Access to mental health in Wright County was tied for number 2 under health issues in Wright County on the Fall 2010 Community Needs survey. Mental health issues remain a huge problem in Wright County as there is currently only one psychiatrist that comes to our county and that is on a limited basis at 2 days per month. It is difficult finding any facility to take clients for inpatient services. The only option is out patient services and that is available every day in our county. In Wright County according to the 2009 Iowa Health Fact Book, 12% of the population under age 65 was uninsured compared to the State at 10.4%. Medicaid reimbursement for mental health services is less than for other medical services which becomes a problem for the providers providing these services. No one mental health provider to lead health improvement plan. The suicide rate for Wright County was 16.4 compared to State of Iowa rate at 10.4 (suicides 2002-2006 per the 2009 Iowa Health Fact Book).
- #4. Teenage pregnancy rates for 15-19 year olds in Wright County are at 60.9 compared to the State of Iowa rate of 33.4 (from Data Warehouse). Wright County had 165 out of wedlock births out of the 353 births recorded for 2006-2007 (2009 Iowa Health Fact Book). Limited ability to provide sex education within the school districts due to concerns on educating on a "sensitive topic". Community and Family Resources has had a staff person involved at the Clarion-Goldfield school but that grant expires this year. The CAPP coordinator is trying to get in the schools to help address these issues. There is concern within the county and a group is meeting to address this problem.
- #5. Underage drinking and substance abuse/domestic abuse were a high priority for those surveyed with 49% stating it was a risky behavior per the Wright County Community Needs Survey 2010. Binge drinking for adults in 2008 was reported at 20% in Wright County which was the same for State of Iowa. From the HRSA Community Health Status Report 2010, it states of our 12,900 county population 740 reported major depression and 760 reported using drugs in the past month. In Wright County, 12% of population under 65 is uninsured compared to state of Iowa at 10.4% and our county had 57 divorces for 2006-2007 (2009 Iowa Health Fact Book). The

Domestic and Sexual Assault Outreach Center served 121 clients from Wright County between January and December 2010 with the average age being 29. 75 % of these clients were victims of domestic violence and 90% had English as their primary language (statistics were from the Alice Report from DSAOC dated 2/21/11 from the Combined Demographic Statistics Query). Secondary to the problem with underage drinking and substance/domestic abuse, DHS reports that in the 3 county area of Hamilton, Hardin, and Wright they have 7 service workers of which 3 1/2 workers are assigned to Wright County clients to serve court ordered services and protective services for child/adult abuse/neglect cases (per Regional DHS coordinator per their quarterly reports). Other statistics from BRFSS report 2008.

- #6. Increase in cancer and cancer related deaths in Iowa and Wright County. On the Wright County Community Needs survey, cancer was listed as second of the top 3 health issues facing our county for all age groups. Wright County's cancer rate is 478.9 and is higher than Iowa's rate which is 472.7. Death rates for Wright County are 187/100,000 compared to State of Iowa rate of 182/100,000. These rates are from the IDPH Data Warehouse information.

## Prevent Injuries

### Problems/Needs:

- #1. Texting or using a cell phone while driving tied for number one on the 3 most common risky behaviors in Wright County for all age groups (per the Wright County Community Needs Survey completed in the Fall 2010).
- #2. Driving under the influence of substances was noted on the Wright County Community Needs survey 2010 as one of the riskiest behaviors for all ages - 39% of those surveyed listed this as a problem. Motor vehicle death from 2002-2006 for Wright County was 23.7 compared to State of Iowa at 10.3 (2009 Iowa Health Fact Book).

## Protect Against Environmental Hazards

### Problems/Needs:

- #1. Food safety issues are concerns from the public noted from the Community Health Needs survey which was completed in Fall 2010 for Wright County. Contaminated food supply was listed as one of the top 4 environmental health issues by the survey participants with 106 participants listing this as a top concern in Wright County. Fragmented system to deal with food safety because USDA, DNR, and DIA are all involved; yet public health environmental health staff from Wright County takes referrals to triage to appropriate surveillance entity.
- #2. Outdoor air quality (asthma triggers) was the number 1 listed environmental health issue in Wright County according to the Wright County Community Needs Survey Fall 2010. The rate for hospitalizations due to asthma for adults age 20 and older in Wright County is 10.6 and the State rate is 14.4. There are no air quality monitors in Wright County per EH information.
- #3. Old septic systems was listed as the number 2 environmental issue in Fall 2010 survey for Wright County Community Needs with 41% choosing this issue. DNR is working with the town of Rowan as is a non-sewered community so the DNR and town are working on financing for sewage treatment system. DNR is working with the town of Galt for leech fields and shared septic systems. These two communities are incorporated and fall under the DNR jurisdiction with EH staff kept up to date on progress.
- #4. Higher than average levels of radon in Wright County. This problem was identified during our survey. The national average for radon levels is 1.3 pCi/L. Wright County's average indoor radon level, as determined by radon test results from Air Check, Inc, is 6.5 pCi/L.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

- #1. Local county access to STD, HIV/AIDS testing. Residents need to travel 50 miles for low-income testing as there are no local free testing sites.

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- #1. Preparedness issues (such as Just in Time training for changes in ICS staff and new employee training for preparedness) for preparedness, training and education, and points of dispensing and revising the POD.
- #2. A need for emergency plans for our citizens in Wright county was a concern in our Community Needs Survey in the Fall 2010. The survey showed 49.7% of those surveyed were prepared for a natural or man-made disaster. There is a lack of modes/means to distribute information quickly and time sensitive to the public.

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- #1. Access to dental care for Medicaid and uninsured population in Wright County. Numbers from the Community Needs Survey 2010 for Wright County listed access to dental care as one of the top health issues facing our county. Providers that take Medicaid clients are very limited and only 2 providers are listed in county per the 2009 Iowa Health Fact book.

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>To decrease the overweight/obese population of Wright County by 2% by 2015. Physical activity and nutrition are contributing factors to our overweight/obese population. Currently Wright County shows a prevalence of overweight/obese population at 71% compared to the State at 63% (IDPH Data Warehouse information).</p>	1. Monthly Pick A Better Snack at C-G school and Belmond school to expose children to new vegetables/fruits/snacks in 2011. Expand to other schools in county over the next 3 years.	Partners are addressing this goal: WMC and BMC Community Pillar with Wright County Health Department.	Fall of 2015 with annual review. Each area is addressed by timeline.
	2. Food tasting with samples and recipes for healthy foods at local grocery stores to be offered quarterly and evaluated for effectiveness after each event. Currently in Clarion but will offer in other communities within next 2 years.		
	3. Dietician and diabetic educator to hold pre-diabetes class dealing with lifestyle changes and nutrition in 2011- if well received plan to offer 2 times per year.		
	4. Healthy nutrition articles by dietician published monthly in local newspapers. Continue through 2015.		
	5. Farmer's Market offered in local communities in Summer/Fall- plans to continue with and encourage more interest in this service through 2015. Work with providers to accept food stamps from consumers.		
	6. Community Garden in Clarion and the Children's Garden in Belmond demonstrate how to raise vegetables and use them once harvested. Will work with ISU extension to inform citizens how to use fresh veg/fruits and also canning and freezing techniques.		
	7. Have displays and educational handouts regarding nutrition, healthy snacks, ways to decrease calories, and other health related topics for citizens at the Wright County Fair yearly and at health fairs or community events at least yearly. Will start in 2011 and continue through 2015 for citizens.		
	8. Offer educational information/handouts on nutrition and healthy lifestyle changes in English and Spanish and post links on websites at WMC, BMC, and Wright County Health Department.		

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>To increase physical activity and nutrition education opportunities for the citizens of Wright County by offering community education programs and activity opportunities throughout the county starting in 2011 and continuing until 2015 with annual review. These activities and educational opportunities will be tracked by the Community Pillar at both BMC and WMC.</p>	<p>3. Have a community bike day and citizens can bring their bikes to be adjusted individually for them. This will be started within 3 years.</p>	<p>Partners are addressing this goal: WMC and BMC Community Pillar with Wright County Health Department</p>	<p>Fall of 2015 with annual review. Each area is addressed per time line.</p>
	<p>4. Increase educational opportunities on physical activity and nutrition throughout the communities by partnering with schools and ISU Extension. Time frame: within 3 years.</p>		
	<p>5. Explore grant opportunities for partners to explore walking/bike trails or blacktopping existing trails in local communities. Time frame: within 3 years and through 2015.</p>		
	<p>6. School walking program before school three times per week starting in Clarion 2011 and expanding to other county schools within 2 years and through 2015. Will work through Community Pillar groups at WMC and BMC and with schools to accomplish this goal.</p>		